

News

School Health and School Nurse Services

August 2008

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2008 Legislation

Dental and Lead Screenings The Iowa Department of Public Health (IDPH) regulates the screening laws passed in 2007 and 2008. Direct all questions to IDPH.

Dental screening: The dental screening rules require schools to receive both proofs of screening and exemptions. While these screenings (or exemptions) are required of all persons newly enrolled or attempting to enroll in Iowa public or accredited nonpublic elementary school (*Kindergarten*) and high school (*9th grade*), there no longer is a requirement—as there is for immunizations—that a child be prohibited from enrolling in school. IDPH auditors will obtain information from schools much as they do for immunizations, and if a child has neither the screening nor the exemption on file, IDPH will deal with the matter. This screening is not required of CPI (home schooled) students.

The screener must sign the proof of screening form provided by IDPH. For elementary students, the screener signature must be from a physician, nurse, physician assistant, dental hygienist or dentist. For high school students, the signature must be from a dentist or dental hygienist. The IDPH exemption form is available for either religious reasons or financial hardship. If a parent or guardian claims that the dental screening conflicts with a genuine and sincere religious belief, the parent/guardian must sign the exemption in the presence of a notary. If claiming a financial hardship (i.e., that the family is unduly burdened by the cost of a dental screening), the exemption must be signed by a provider. The screening applies to out of state transfer students. Forms and information at http://www.idph.state.ia.us/hpcdp/oral_health_school_screening.asp

Contact: Sara Schlievert, IDPH, Oral Health Bureau, Phone 515/281-7630, sschliev@idph.state.ia.us. September 10 the IDPH will present a Dental Screening ICN, 2:00-4:00pm, information, registration, and site selection at http://www.iptv.org/iowa_database/event-detail.cfm?ID=8986

Lead screening: The district/school provides the department of public health, in the format specified by the department, within sixty days after the start of the school calendar, an electronic list of the children enrolled in kindergarten, including the names of children who have filed certificates of blood lead testing exemption. The lead screening rules require schools to collect exemptions, and not proof of the screening. The IDPH will crosscheck the electronic list against its database of lead screenings, provide the information to the school, and plan for follow-up. This screening is required of CPI students. Information and forms at

http://www.idph.state.ia.us/eh/lead_poisoning_prevention.asp#testing. Contact: Rita Gergely, 800-972-2026, rgergely@idph.state.ia.us. Adapted from School Leader Update, July 2008

Eye Screening The parent or guardian registering a child for kindergarten or preschool shall be given a vision card with a goal of every child receiving an eye examination by age seven as needed. Effective July 1, 2009 (*Iowa Code §280.7A*).

Healthy Kids Act The act requires the following. Establishing nutritional content standards for foods, beverages, concession stands, and fundraising sold or provided on school grounds (Iowa Code §256.7(57)). Convening a nutrition advisory panel by July 1, 2008 to submit nutrition standard recommendations to the state board (details and membership specified (Iowa Code §256.7(58)). Monitoring compliance and providing nutritional content standards (Iowa Code §256.11(6)). The AEA board or consortium of two or more AEAs contracting with one or more licensed dietitians for the support of nutritional provisions in individual education plans and provide information to support school nutrition coordinators. The department convenes a working group to assist in developing daily physical activity and report to the general assembly by January 15, 2009 (Iowa Code §256.7(29)). Implementing physically able students in K-5 to engage in physical activity for a minimum of 30 minutes per school day, grades 6-12 minimum of 120 minutes per week and the department will develop models to incorporate physical activity, a pupil is not required to enroll in following if parent submits written statement of conflict with religious belief. Every student by the end of 12th grade shall complete a certification course for CPR (effective July 1, 2009, Iowa Code §273.2 (7.)).

Tobacco Smokefree air/penalties. Prohibits smoking in school districts and anywhere on school grounds (Iowa Code Chapter 142D).

Legislative update: 2008 Letter to Field/Summary of Legislation <http://www.iowa.gov/educate/content/blogcategory/412/890/>

Iowa Core Curriculum The Iowa Core Curriculum (also known as Model Core Curriculum) goal is to ensure Iowa students are engaged in rigorous curriculum. The curriculum provides local school districts a guide to deliver challenging, meaningful instructional content to students, identifies the essential concepts and skill sets for literacy in mathematics, science, social studies, and 21st century learning skills (civic literacy, financial literacy, technology literacy, health literacy, and employability). The skills and concepts for social studies and 21st century skills for grades K-8 will be developed later in 2008. The 21st Century Skills, Health Literacy includes:

- Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health
 - Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health
 - Apply critical literacy/thinking skills related to personal, family and community wellness
 - Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others
 - Demonstrate behaviors that foster healthy, active lifestyles for individuals, and the benefit of society
- Retrieved July 28, 2008, from <http://www.iowa.gov/educate/content/view/674/1023/>

Iowa Quality Preschool Program Standards (IQPPS) Evidence-based practices in child development and early education are the basis of the IQPPS. The ten standards and selected criteria are from the National Association for the Education of Young Children (NAEYC) Accreditation standards and criteria. The QPPS were developed as a beginning point for Iowa 3 and 4-year-old child programs having funding linked to the Iowa Department of Education including those operated by local school districts, to engage in a continuum to implement programs to work toward accreditation with NAEYC. Health, Program standard 5 promotes the nutrition and health of all children and protects children and staff from illness and injury. Supporting documents guide, standards, self-assessment, toolbox and more retrieved July 28, 2008, from <http://www.iowa.gov/educate/content/view/681/805/>

Influenza Vaccine in Children-New ACIP Recommendations The Advisory Committee on Immunization Practices (ACIP) recently announced an expansion of children recommended for influenza vaccination during the 2008-2009 influenza seasons. Children five years of age through 18 years of age should be vaccinated, if feasible, against influenza beginning in 2008. Children six months of age to five years of age are already recommended for vaccination. The six influenza manufacturers project about 150 million doses of vaccine will be available for the 2008-2009 influenza season. This report and other information retrieved July 28, 2008, from <http://www.cdc.gov/flu>.

School Nurses, School Staff, and Influenza Vaccination The U.S. Department of Health and Human Services (HHS) is implementing an initiative for the 2008-2009 influenza vaccination season to improve health care personnel influenza vaccination levels. CDC and the Advisory Committee on Immunization Practices recommend that all health care workers get a flu vaccine every year. Reasons for getting the flu vaccine are many:

- If workers get the flu, they can miss a week or more of work.
- If workers get the flu, they can spread it to their families - older people, young children and people with chronic illness are especially vulnerable to getting seriously sick from the flu.
- If workers get the flu, they can spread it to people they work with, and to others.

The rationale for this initiative and strategies are fully discussed in the recommendations for influenza vaccination of health care personnel. Retrieved July 28, 2008, from <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5502a1.htm>. A toolkit provides a variety of useful information in support of this initiative. Retrieved July 28, 2008, from <http://www.hhs.gov/ophs/programs/initiatives/vacctoolkit/index.html>

Iowa School Medication Administration The Iowa School Medication Management website, <http://www.iowaschoolmeds.com>, is available to assist school nurses with this important student health service. This is the fifth year the site has been available, over 6000 school staff have used the educational materials, and reviews from school nurses have been very positive. In June of this year, the site won a practice award at the National Association of School Nurses convention. **Resources. Online education** for unlicensed health school personnel assisting nurses with medication administration. The course consists of 17 units on basic procedures. Skills observation by a nurse is required for the course completion. Registration is required with a unique email. The site

database stores information on course completions and can provide nurses with information on which staff have completed the materials. **New units** are available for procedures and topics not covered in the basic course. The nurse identifies specific staff to assign to the units. Currently these include introductions to glucagon kits, rectal diazepam, and nebulizer treatments. Additional materials will be available in the near future. Like the main course, users must have an activated registration. **Training and monitoring resources** assist school nurses with their training and monitoring responsibilities and materials to make skills observation kits. **A Manual** contains information on medication administration for administrators, school nurses, school board members, and others. Suggestions for additions and improvements are always welcome. Call 1-800-472-0243 with questions or problems in using the site, or email the site coordinator, Barbara Smith, bssmith@mac.com

Postural Tachycardia Syndrome (POTS) and Chronic Fatigue Syndrome (CFS) POTS has been proposed as a mechanism for symptoms of CFS with POTS and CFS possibly sharing a common pathophysiology particularly in the young. A recent review of patients with delayed orthostatic hypotension (delayed POTS) demonstrated a high degree of association with chronic fatigue. Studies have shown that POTS physiology underlies orthostatic intolerance in the large majority of adolescents with the chronic fatigue syndrome. POTS is considered a type of neurocardiogenic syncope. It is characterized by a very fast heartbeat (tachycardia) that occurs when a person stands up. Some cases of chronic fatigue syndrome may be related to this condition. Retrieved July 11, 2008, from http://www.hrspatients.org/patients/signs_symptoms/fainting/non-cardiovascular_syncope.asp
http://www.ninds.nih.gov/disorders/postural_tachycardia_syndrome/postural_tachycardia_syndrome.htm
<http://www.nlm.nih.gov/medlineplus/print/chronicfatiguesyndrome.html>

School Nurse Iowa Individual Professional Development Plan The goals and learning opportunities established in the individual professional development plan should be a direct fit with the district and building plans for professional development. The format for the individual plan is locally determined. The plan includes the individual needs, the Iowa Teaching Standards and Criteria, and the student achievement goals of the building and district as per the CSIP. A school nurse who holds a license to practice as a registered nurse (RN) from the Iowa Board of Nursing, a baccalaureate degree, and a statement of professional recognition (SPR) from the Iowa Board of Educational Examiners develops a professional development plan. Guidance, form, and example available October 2008. Retrieved July 11, 2008, from http://www.iptv.org/iowa_database/event-detail.cfm?ID=8986

Proposed Amendments Iowa Immunization Administrative Code The proposed amendments clarify the definition of certified medical assistant; further explain the medical and religious exemptions; update the immunization requirements to more accurately reflect the recommendations of the Advisory Committee on Immunization Practices (ACIP), required immunization for invasive pneumococcal disease for children enrolling in licensed child care centers; guidelines for completing the certificate of immunization and provisional certificate of immunization, details as to who is required to sign a provisional certificate, and additional immunization requirements for school age children beginning fall 2009. More as the process continues. Iowa Administrative Bulletin, July 16, 2008, ARC 6974B, page 211, <http://www.legis.state.ia.us/Rules/Current/Bulletin/IAB080716.pdf>

Proposed Amendments Iowa Administrative Restraint; Physical Confinement, or Detention Code Proposed amendments to 281 IAC 103 (Corporal Punishment Ban; Restraint; Physical Confinement or Detention) are in process. Based on recent research on student seclusion (time out rooms) and restraint, the amendments detail allowable parameters when a student is physically confined or detained. ARC 6838B <http://www.legis.state.ia.us/Rules/Current/Bulletin/IAB080618.htm>

Lead Inspection Clarification The Iowa Department of Public Health and the Iowa Department of Education recently received informed some Iowa school districts were contacted by companies offering lead inspection services to comply with state and federal laws and Department of Health regulations. There are currently no federal or state requirements that any part of a school be inspected for the presence of lead-based paint. 2008 Senate File 2425 included a provision that will require the Department of Education and other state agencies to adopt rules requiring the visual inspection for lead paint of any attendance centers housing early childhood facilities. These rules have not been developed and requirements are not in place. This new requirement is not going to mandate an outside company complete these inspections, nor will it require the district to pay or contract with any firm for compliance. Please be aware that solicitations from companies can be disregarded. For additional information, contact Jeff Berger, 515-281-3399, jeff.berger@iowa.gov. School Leader Update, July, 2008, page 3.

Resources

Asthma Guidelines Adapted from the Expert Panel Report 3: Guidelines for the diagnosis and management of asthma. Retrieved July 28, 2008, from <http://www.nhlbi.nih.gov/guidelines/asthma/index.htm>

Crohn's Disease Megan Albers, a young Iowa student, tells her story of her first year with Crohn's disease. *The Attack of Mr. Crohn's* is available from Butterfly Blessing Books, 6924 Brookview Drive, Urbandale, Iowa 50322-8020, \$8 plus shipping and handling, phone 515-270-4606, albears5@msn.com.

Delegation Joint Statement American Nurses Association (ANA) and the National Council of State Boards of Nursing (NCSBN) (2006). Reinforces delegation as an essential nursing skill and supports the practicing nurse in using delegation safely and effectively. Retrieved July 28, 2008, from <https://www.ncsbn.org/1056.htm>

Food Allergy & Anaphylaxis Network Provides managing food allergies in school and school guidelines. Retrieved July 28, 2008, from <http://www.foodallergy.org/school.html> and <http://www.foodallergy.org/school/SchoolGuidelines.pdf>

Gardasil The CDC-FDA information on Gardasil safety is now posted on the Immunization Safety and FDA CBER websites at <http://www.cdc.gov/vaccinesafety/> and <http://www.fda.gov/cber/safety/gardasil071408.htm>. Information from CDC and FDA on the Safety of Gardasil Vaccine. Retrieved July 28, 2008, from <http://www.fda.gov/cber/safety/gardasil071408.htm>

Green Cleaning in Schools The quick and easy guide, five simple steps to a healthy school environment, healthy schools campaign, additional copies of the Guide brochure and CD available free of charge, www.greencleanschools.org or call 888-HSC-1810

healthfinder.gov The U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion redesigned **healthfinder.gov** available in beta. The new site has a prevention focus and health literacy principles. New features include: *Quick Guide to Healthy Living* information on key prevention topics and tips on how to get started, personalized health recommendations based on age and sex from the U.S. Preventive Services Task Force and *Personal Health Tools* menus and activity planners, health calculators, online check-ups, and more.

Healthy Child Care Iowa website: <http://www.idph.state.ia.us/hcci> The Iowa Department of Public Health has updated the website for early care and education providers. More products are available to be downloaded and new resource links added, Asthma Action Plan, Asthma Care Brochure, Child Care Weather Watch Poster, Child Health Exam Form, Child Injury/Incident Report Form, Diapering Poster, Emergency Planning Guide, First Aid Kit Checklist, Gloving Poster English/Spanish, Guide to Childhood Illness, Handwashing Poster English/Spanish, Head Lice Brochure English/Spanish, Insect Repellent Fact Sheet, Iowa Child Care Provider Physical Exam Form, Iowa School-Age Care - Health Status - Parent Statement, Mandatory Reporting Poster English/Spanish, and Chemical/Safety in Child Care Online training & Materials <http://www.ipm.iastate.edu/ipm/childcare/home>

Immunization Recommended Schedules. The Advisory Committee on Immunization Practices (ACIP), United States 2008 approved schedules of recommendations and guidelines for child and adolescent immunizations, ages 0-6 and 7-18 years, and catch-up schedule. Retrieved July 28, 2008, from <http://www.cdc.gov/vaccines/pubs/ACIP-list.htm>

Nutrition Non-food Alternatives for School Rewards and Fundraising-Raising Healthy Kids. Some food items used for student rewards and school fundraising activities send a conflicting message compared to what is taught about healthy food choices. List of ideas for non-food rewards at <http://www.extension.iastate.edu/Publications/PM2039A.pdf> *What Schools Can Do to Promote Healthy Eating-Raising Healthy Kids* School environments help shape 95 percent of American children's health behaviors. To provide appropriate food and beverage options, the Institute of Medicine offers voluntary nutrition standards. Includes more about the standards and how to use them. Retrieved July 28, 2008 from <http://www.extension.iastate.edu/Publications/PM2039.pdf> Created by ISU Extension, Ruth Litchfield, ISU Extension.

Nutrition P.A.C.K. Week: Pack Assorted Colors for Kids Week, September 22-26. This is a national healthy-eating initiative aimed at encouraging elementary school aged children to eat more colorful fruits and vegetables. A preview is available at <http://www.welchs.com/pack>. To participate send a request for your school(s) to participate, request materials, and include your name, school(s), school address, phone number, and email address. Send request by email to welchs@nextgenprinting.com or postal mail to Welch's Priority, 65 Dan Rd., Canton, MA 02021-9809.

P&G School Programs. Resources to teach puberty (5th grade), dental health (1st grade), nutrition (4th grade), and cold prevention (1st grade) www.pgschoolprograms.com.

Preventive Pediatric Health Care Recommendations. (2007). *Recommendations for preventive pediatric health care.* Pediatrics; 120;1376. Preventive Health Care Chart Retrieved July 28, 2008, from <http://pediatrics.aappublications.org/cgi/data/120/6/1376/DC1/1>

Role of School Nurse in Providing School Health Services Policy statement endorsed by NASN describes for pediatricians the role of the school nurse. Pediatrics 108: 1231-1232. Retrieved July 28, 2008, from <http://pediatrics.aappublications.org/cgi/content/full/121/5/1052>

School Leader Update. Monthly newsletter distributed by the Department of Education to school leaders at <http://www.iowa.gov/educate/content/view/854/1006/>

Calendar

September 10	IDPH Dental Screening, 2:00-4:00pm , register and select your site at http://www.iptv.org/iowa_database/event-detail.cfm?ID=8986
October 9-10	University of Iowa, School Nurse Conference , Iowa City
November 12-15	ASHA Conference , Tampa, http://www.ashaweb.org
June 25-June 28	Annual NASN Conference , Boston, http://www.nasn.org

Iowa Department of Education Upcoming Conferences <http://www.iowa.gov/educate/calendar/calendar.html>

Iowa Department of Public Health Upcoming Conferences <http://www.idph.state.ia.us/calendar/calendar.aspx>

The University of Iowa, College of Nursing, Continuing Education
http://www.nursing.uiowa.edu/continuing_ed/ConferencesWorkshops.htm

Iowa School Nurse Mailing List: Please Join

The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The Mailing List is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. When messages are posted, the message automatically goes to everyone on the list.

To join the mailing list, send a blank email to:
Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to:
leave-iowasn@lists.ed.iowa.gov

To send a message to other school nurses on the list, type title in subject, message in the body, and send to:
iowasn@lists.ed.iowa.gov

No other commands are necessary and joining is free.

List members request the person who asks a question summarize responses then post the summary on the list.

Send comments and questions to Charlotte Burt, charlotte.burt@iowa.gov, 515 281-5327

ARC 6974B 211 not this year November required 2010-2011 2 doses varicella, raising the 5 doses dtap 2003 on after sept 2003, 2003 4 doses polio, got before 4 yrs of age clarification ruling throughout rules (2 live could be on med exemption 28 days –be n exemption,